

**Focus On The Facts**  
**Series: Navigating Change**

**Unwanted Change**

*We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. 2 Corinthians 4:8-9 (NIV)*

**Unwavering Confidence**

*We set our eyes not on what we see but on what we can't see. What we see will last only a short time, but what we can't see will last forever. 2 Corinthians 4:18 (NIV)*

**What To Do When...**

**1. Depression Is Creeping Up On You**

**Focus On The Fact That \_\_\_\_\_**

*How great is the goodness you have stored up for those who fear you. Psalm 31:19 (NLT)*

*"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope." Jeremiah 29:11 (NLT)*

**2. Defeat Is Coming At You**

**Focus On The Fact That \_\_\_\_\_**

*How great God is! His power is absolute! His understanding is unlimited. Psalm 147:5 (LB)*

*God, because of Your great love, answer me. You are truly able to save. Pull me from the mud, and do not let me sink... Do not let the flood drown me... Psalm 69:13-15 (NCV)*

*I am the Lord, the God of all mankind; is there anything too hard for Me? Jeremiah 32:27 (NIV)*

**3. Darkness Is Closing In On You**

**Focus On The Fact That \_\_\_\_\_**

*Praise the Lord! For all who fear God and trust in Him are blessed beyond expression... When darkness overtakes him, light will come bursting in... Such a man will not be overthrown by evil circumstances. God's constant care of him will make a deep impression on all who see it. He does not fear bad news, nor live in dread of what may happen. For he is settled in his mind that God will take care of him. Psalm 112:1-8 (LB)*

*The Lord is close to the brokenhearted and saves those who are crushed in spirit. Psalm 34:18 (NIV)*

*Don't be impatient for the Lord to act! Keep traveling steadily along His pathway and in due season He will honor you with every blessing... Psalm 37:34 (LB)*

**What Jesus Did For Us**

*But God's mercy is great, and He loved us very much. Though we were spiritually dead because of the things we did against God, He gave us new life with Christ. You have been saved by God's grace... He did this for those in Christ Jesus so that for all future time He could show the very great riches of His grace by being kind to us in Christ Jesus. You have been saved by grace through believing. You did not save yourselves; it was a gift from God. Ephesians 2:4-8 (NCV)*